

Four Corners Health Department



Celebrating
— 20 YEARS —

2022 ANNUAL REPORT

A LETTER FROM LAURA MCDOUGALL, EXECUTIVE DIRECTOR



Dear Friends in Public Health,

Many memories and emotions flash before me when I share that Four Corners Health Department has reached its 20th Anniversary. In August 2003, I was the third employee hired after the Executive Director and Administrative Assistant. That was the summer that Nebraska experienced a tidal wave of West Nile virus; that first day I was assigned the glamorous duty of picking up dead birds for West Nile testing. Believe me, the dead birds were plentiful those first summers, and I was able to visit most of the areas of our District, and briefly get to know many citizens willing to “donate” their dead birds. I also learned of their friends and neighbors who were sick from West Nile virus, and how concerned everyone was.

Fast forward to 2023. There have been many other public health issues in the past 20 years that have become priorities for us. For example, we have educated how important exercise and nutrition are for children, so that their health is improved as adults. We have facilitated community planning to promote physical activity and provide safe streets, fitted vehicles with children’s car seats, and taught classes on fall prevention to older adults. Our team has responded to tornadoes, floods, ice storms, broken water mains, epidemics and even pandemics. Most recently, our team struggled with the COVID-19 pandemic, as did all of our communities, doing whatever we could to provide vaccines, answer questions, track the numbers, interpret guidelines, distribute supplies, and support people with their needs. The three years have taken a toll on all of us, and have exacerbated the mental health problems that already existed in our area.

As you read our 2022 Annual Report, you will notice that this was the third year of the pandemic. Although we still continue to have cases of COVID, our society is now better able to navigate the waves that come through. Our health department has pivoted again to focus on new priorities. **Our team is re-energized in their work as they can return into the communities to do education** on chronic diseases, tobacco cessation classes, participate in coalitions and community planning. One important priority of our department is and will be to address the mental health issues we are seeing, through the services of our mental health practitioner, the mobilized partners of our Youth Mental Health Steering Committee, the Four Corners LOSS Team, and the suicide prevention coalitions.

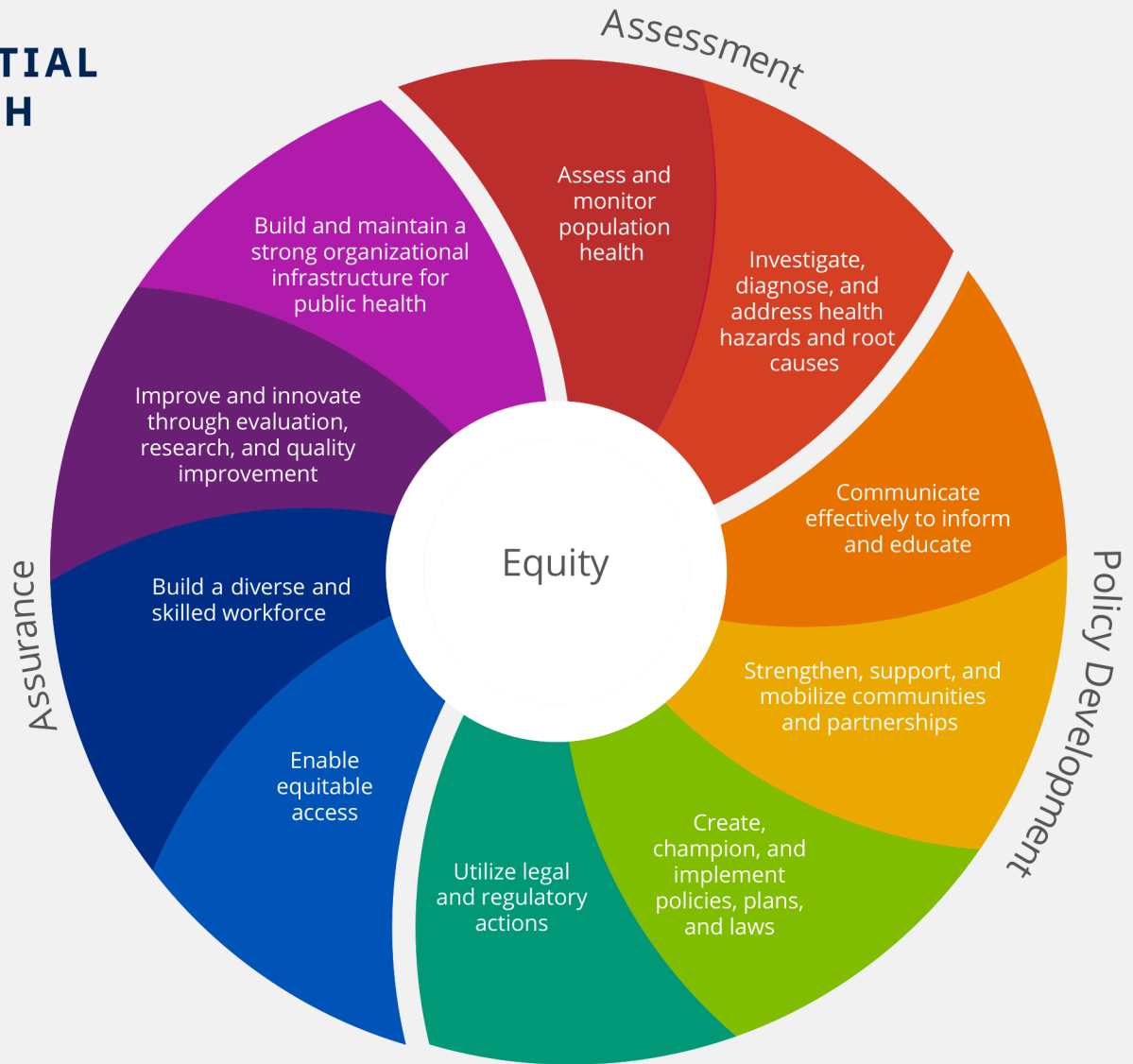
What does the future look like for us in 2023? Our team has rebooted our Forever Smiles (children’s preventative dental) program and served 1,739 children in the spring semester, with 427 children actually receiving preventative dental services from us. We will start offering Immunizations for Children and Adolescents through the Vaccines for Children Program this summer, and later in the fall, we hope to begin offering early childhood home visitation to support families. The Four Corners Staff and Board are incredibly dedicated, hard-working, and interested in supporting our communities to have what they need to be healthy.

Thank you to everyone who has interacted with us to realize this vision.

THE 10 ESSENTIAL PUBLIC HEALTH SERVICES

To protect and promote the health of all people in all communities

The 10 Essential Public Health Services provide a framework for public health to protect and promote the health of all people in all communities. To achieve optimal health for all, the Essential Public Health Services actively promote policies, systems, and services that enable good health and seek to remove obstacles and systemic and structural barriers, such as poverty, racism, gender discrimination, and other forms of oppression, that have resulted in health inequities. Everyone should have a fair and just opportunity to achieve good health and well-being.



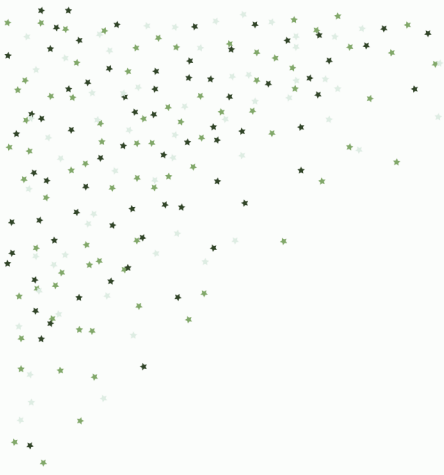
Four Corners Health Department Mission Statement:

"To promote health, prevent disease, and protect the environment, improving the health of the Four Corners Community."

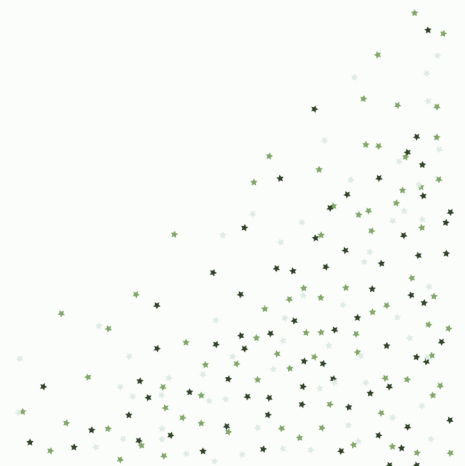
Board of Health Mission Statement:

To provide leadership and guidance to support the Four Corners Health Department in carrying out the mission to promote health, prevent disease and protect the environment, improving the health of the Four Corners community.

Serving Butler, Polk, Seward, and York Counties



ASSESSMENT



Community Health Survey

Top 3 Community Concerns

Mental Health
Cancer
Aging Problems

Top 3 Identified Risky Behaviors



Alcohol/Drug Abuse

Overweight



Too Much Screen Time



Household Hazardous Waste Collection Events

Four Corners received funding through the Nebraska Environmental Trust to hold **Household Hazardous Waste collection events** in all four counties in 2022. Community partners stepped forward to help the Four Corners Team with coordination and work on the days of the events. Overall, household hazardous waste was collected from households across and around the Four Corners district. Over 15,000 pounds of waste was disposed of properly through this event.

Youth Mental Health

Four Corners and UNL Public Policy Center partnered together to accomplish a Youth Mental Health Assessment. Input was sought from community members, through focus groups and an online survey. A comprehensive report was created and can be found at www.fourcorners.gov under the Mental Health tab. Some highlights from the data are shared below. A Steering Committee was formed in July 2022 to address the identified youth mental health needs. Learn more about the Steering committee on the Youth Mental Health webpage. Education, training, and media campaigns are being used to equip community members with the tools they need to prevent suicide, especially in our youth ages 10 to 19.

We invite you to share the Four Corners Nebraska Needs You campaign with others.
https://drive.google.com/drive/folders/114kqluc2_a9YNopFzZ2ynUx2jj1X00l1

Percentage of FCHD area students in 2021 reporting **being depressed** during the past 12 months...

- **38.8% of 12th Graders**
- **35.0% of 10th Graders**
- **26.9% of 8th Graders**



82.4% of parents of youth aged 10-19 in the Four Corners area said that they were either **very concerned or **somewhat concerned about their child's mental health.****

“Navigating healthcare and health insurance is confusing. If you're already in a stressed state, it becomes a huge barrier to even know what the next step is in the process of accessing care.”

Focus of Our Steering Committee Work:

Based on the 2022 assessment and community input:

- ✓ Strengthen access to youth mental health services
- ✓ Continue access to services in the summer
- ✓ Identify needs for staffing and funding
- ✓ Reduce cultural mental health stigma
- ✓ Improve awareness of available services

We are looking for individuals and groups to join us in the youth mental health work. Contact us to learn how you can get involved!



Four Corners Health Department monitors rates of disease and other factors that may affect the health of our communities. We do this through weekly **school surveillance, influenza-like-illness surveillance with the local hospitals, and routine reportable disease investigations.**

When diseases that could spread within the communities are discovered, they are reported by medical providers and laboratories. The public health staff of FCHD then contacts patients and medical providers to gain more information and take actions to stop the disease from spreading.

Four Corners also **monitors outbreaks.** An outbreak is when two or more people in the same setting (such as a school, workplace, daycare, or nursing home) are ill with the same symptoms. One person is usually confirmed by a lab test.

CARE COORDINATION YORK & SEWARD COUNTIES

In cooperation with York Medical Clinic and Memorial Health Care Systems, patients completed screening forms for possible assistance with their social needs. Four Corners then helped these patients gain access to the things they need to be healthier.



Social Determinants of Health (Social Needs)

Social determinants of health include: Health Care Access and Quality, Neighborhood and Built Environment, Social and Community Context, Economic Stability, and Education Access and Quality. 1,021 people reported needing assistance with at least one of the social determinants of health.



Food Insecurity

About 22% of the people screened indicated they did not have access to enough food, or receive enough assistance to cover their food costs.



Transportation

35% of people screened indicated they had trouble getting transportation to get where they need to go, such as medical appointments or work.



Transportation Coalition

Due to the high amount of transportation issues, specifically in York County, a coalition was formed to look at transportation needs, barriers, and solutions.

This partnership resulted in the purchase of a new van and an extra used vehicle, for York Community Public Transportation, along with more drivers at the facility.



Mosquito Trapping



Each summer, FCHD participates in the West Nile Virus Surveillance Program. Three locations across York County are identified as an ideal location to collect mosquitos. Every two weeks from June until the first frost in the fall three traps are hung overnight and picked up in the morning.



The collected mosquitoes are shipped to the DHHS entomology lab where each mosquito is identified by species. These mosquitos are then tested for diseases including West Nile Virus. In September 2022, some of the collected mosquitoes tested positive for the virus. In total, eight individuals who reported symptoms tested positive for the virus throughout the season.



CAR SEAT PROGRAM

Four Corners works with staff and partner trained Child Passenger Safety Technicians (CPST's) to help you learn to install your car seat properly, at no charge.

Make sure your child is safe every trip, every time.

When families cannot afford a car seat, one can be provided to them.

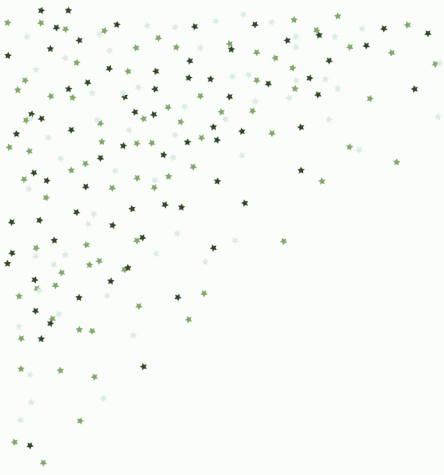
In 2022:

- ✓ 8 Seats Checked
- ✓ 78 Seats Provided
- ✓ 86 Seats Purchased

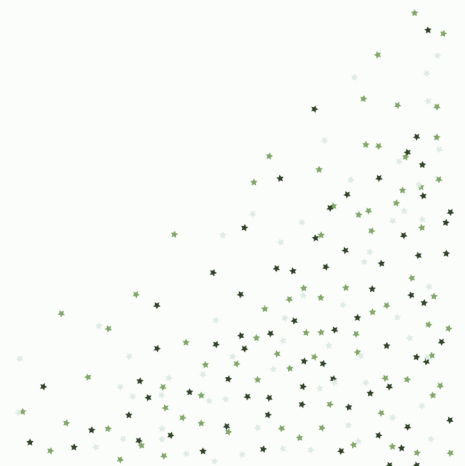
- ✓ Education provided through partnerships with community organizations.



Media campaigns and public health education were used to promote **"Drive Smart"** messages (impaired driving, drowsy driving, and seat belt use). In the picture to the left, you can see a Concordia student attempting to "drive" while wearing fatal vision goggles, giving him vision impairment similar to that of above the legal limit of blood alcohol content.



POLICY DEVELOPMENT



HEALTH EDUCATION

Our department is equipped with trainers who offer numerous programs.

Living Well With Chronic Disease & Living Well With Diabetes

A self-management workshop facilitated by trained leaders that helps you take control of your health by using small steps toward positive changes and healthier living. A *Living Well with Diabetes* workshop was conducted May 3, 2022- June 21, 2022. Seven people registered for the workshop, and 4 successfully completed the class (4 sessions or more).

DPP

The Diabetes Prevention Program (DPP) is focused on helping participants with lifestyle changes to prevent the disease including activity, nutrition, and weight loss. A class of 10 was started November 7, 2022 using the online HALT platform. Participants can go through each lesson and log at their own pace.

Stepping On

Stepping On is a 7-week program designed for people who are living at home and have experienced a fall or are concerned about falling. In class, participants learn how to strengthen balance, build confidence, and learn more about fall triggers such as hazards, vision, medication, or footwear. There were 3 programs held in 2022 in Brainard, York, and Milford.

WRAP

Wellness Recovery Action Planning is a powerful set of tools to help us learn to care for others and ourselves. It helps people use healthy mental health concepts to work towards a personalized wellness plan to manage life's daily challenges. People can use these tools for a lifetime. This training has been recognized by the U.S. Department of Health & Human Services as an evidence based practice. In 2022, workshops were held, in March and June.

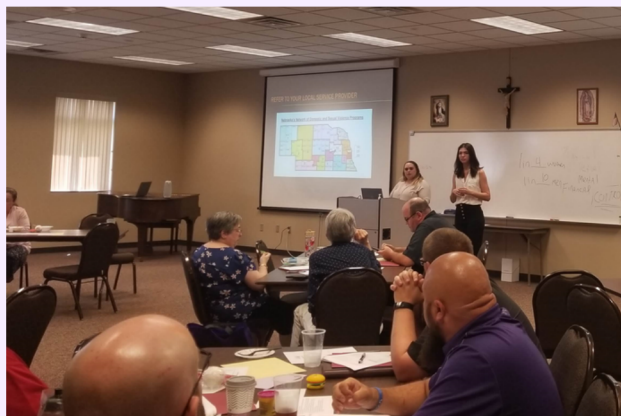
QPR

QPR stands for Question, Persuade, and Refer. These are the "3 simple steps anyone can learn to help save a life from suicide". (1) Question the person's intent of suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to the right resources. In 2022, workshops were offered virtually in May and in person in November.

Tobacco Quit

Learn what's available in Nebraska and locally to help you, or a loved one, quit. You'll also find out about two tobacco quitting programs: Beat the Pack and Freedom From Smoking. A Tobacco Quitting Information Session was offered each month in 2022. Both virtual and in person options were available for each session.

Health Education also includes press releases, social media posts, ads/marketing, giving talks, attending events, and hosting workshops.

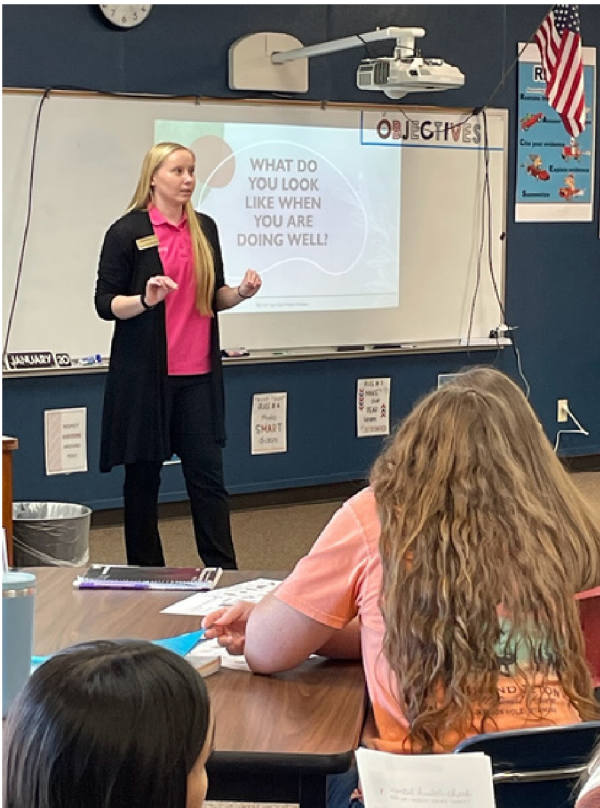




FCHD Booth at
Memorial Health
Fair in Seward



School
Fitness



School
Health



Walk for Hope
Seward



Radon

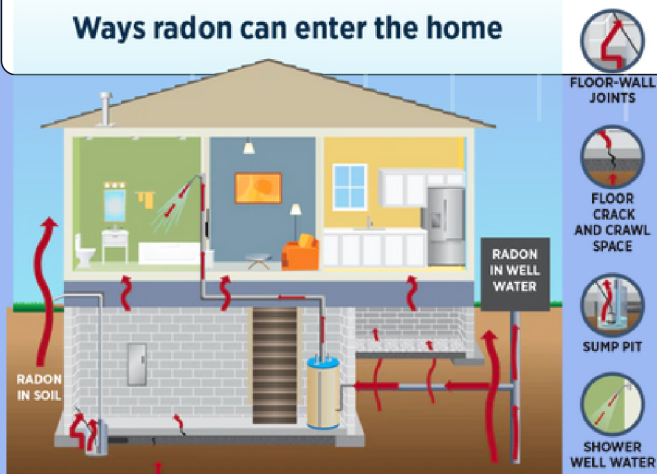
What is Radon?

Radon is an invisible odorless gas. It is found naturally in the soil, but sometimes gets into homes through cracks in the floors or walls, including where pipes and lines enter your home. It is the leading cause of lung cancer after smoking. Homes with high radon levels have been found in all four counties in the Four Corners district. It is measured in picoCuries per liter (pCi/L).

2022 Statistics

- 150 Test Kits Distributed.
- 25% of Results Received
- 56% of results received were high.
- The average result is 5.0 pCi/L
- Anything over 4.0 pCi/L is considered a high rating.
- 16.9 pCi/L the highest rating in 2022.
- Most ratings received in 2022 were between 4.1-10.0 pCi/L.

Ways radon can enter the home



Naloxone (Narcan)

What is Naloxone (Narcan)?

Naloxone (Narcan) is a nasal spray that can be administered as an "antidote" to an opioid overdose.

Anyone who is a Nebraska resident can obtain Narcan for free at a participating pharmacy without a prescription. Three pharmacies in the Four Corners district currently participate in this program by providing Naloxone (Narcan) at no cost.

Training

Four Corners offers training to help people know how opioids work, how to recognize an overdose, and how to respond to an overdose (getting help, providing rescue breathing, and administering Naloxone (Narcan)).

In 2022, 138 people at 10 sites were trained in these objectives.





Worksite Wellness

In 2013, Four Corners began offering worksite wellness services to local businesses.

We firmly believe that:

**Healthy Businesses = Healthy Employees =
Healthy Families = Healthy Communities**

Free resources are available on our website to any individual or business. To access additional, customizable, services and resources, businesses have the opportunity to become worksite wellness partners with Four Corners. Partners are supported in a variety of ways, including monthly newsletters, health education, training, resources, support for activities such as assessing their worksite needs, writing wellness plans, and applying for awards.

In 2022, 9 businesses participated with Four Corners an intentional partnership to support their growth in building a culture of wellness.


Local Outreach to Suicide Survivors (LOSS)

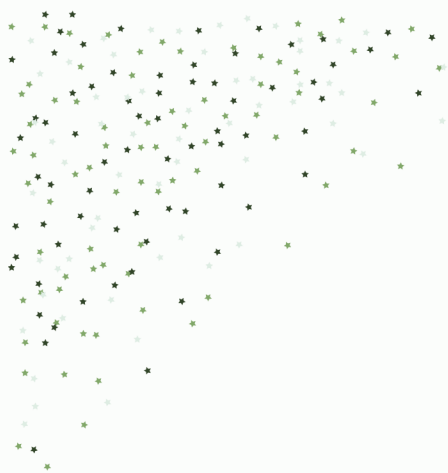
A LOSS team offers help and support to those grieving the loss of a loved one to death by suicide. The Four Corners LOSS Team began in 2018.

This team is made up of trained suicide loss survivors and licensed mental health clinicians. These volunteers provide assistance to suicide loss survivors to help them cope with the trauma of their loss and provide follow-up contact. The team connects the grieving family to resources to help them heal from this loss and provides compassion and support (not therapy) to the suicide loss survivors.

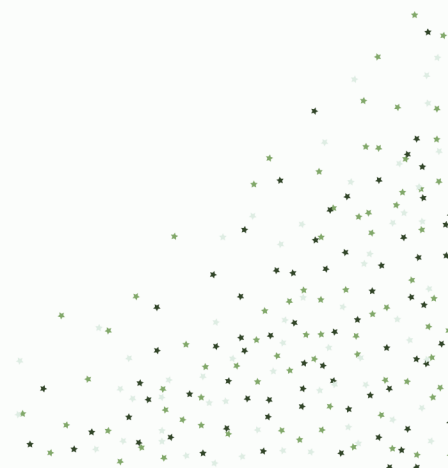
The team is supported by an Advisory Council, who look for ways to share awareness and provide ongoing support to the LOSS Team.

In 2022, the LOSS Team and the Advisory Council have supported at least 30 families through a variety of ways, including survivor events, visits, and resources.





ASSURANCE



2022 MEDIA CAMPAIGNS

**I'm worried
about you.
Wanna talk?**
...can save a life.



fourcorners.ne.gov

**NATIONAL SUICIDE
PREVENTION LIFELINE
(800) 273-8255**

This resource is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$3,896,716 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

IT HURTS WORSE THAN IT LOOKS.

GET A RIDE.

A DUI costs more than you think.

NDOT
Highway Safety Office



**Prescription opioids can be
addictive and dangerous.**

It only takes a little
to lose a lot.



Developed by the Centers for
Disease Control and Prevention.

www.fourcorners.ne.gov

**WE NEED YOUR
Kindness**

**IT'S OKAY TO
TALK**
#NENEEDSYOU

Nebraska
NEEDS YOU

Four Corners
Health Department

988
EMOTIONAL & CRISIS
LIFELINE

“I'd roll up my
sleeve anytime
to protect those
around me.”

—Susan Littlefield
Nebraskan Firefighter, EMT, Farmer,
Mother, Wife, Broadcaster

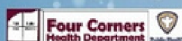


VAXNE.org

**Take
the
shot**

PLEASE DON'T DRINK & DRIVE THIS HOLIDAY SEASON

NDOT
Highway Safety Office



**buzzed
drunk**
driving is
driving
beginning a sober driver



**choose
you**

Live above
the influence.

**I choose to be a role model.
I choose to live substance free.**

Carter O. > David City, Nebraska

NEB
SOS
2022

FOUR CORNERS FOREVER SMILES



PREVENTATIVE SERVICES

We provide FREE on-site preventative dental services for children through middle school, and older adults in long-term care facilities. This program is preventative, but does not take the place of regular dental check ups with a dentist.

Services are provided only with consent from parents or guardians.

ORAL HEALTH EDUCATION

2022 began with a focus on oral health education at events such as the county fairs, activities fairs, back-to-school nights, health fairs. In schools, all children receive oral health education, a new toothbrush, toothpaste, and floss, regardless of participation in services.



SCREENING & CLEANING

Looking inside the mouth to check for potential problems with teeth and/or gums.

Polishing and denture cleaning are available to older adults.



FLUORIDE TREATMENT

An application of Fluoride is painted on the teeth to prevent decay.



SEALANTS

Sealants are coatings that are placed on the back teeth to prevent decay. They "seal" out food and bacteria from the grooves in teeth.

The second half of the year was focused on reintroducing the program in schools. In 2022, we provided services to a few schools. We saw 98 children preschool through middle school. 85 had no obvious problems, 10 were referred to routine dental care, and 3 referred to urgent dental care. 98 students received oral health education and screenings, 83 received fluoride varnish, and 125 teeth were sealed. Using average cost for services in Nebraska, the services provided at no cost to families or schools saved families a total of \$14,264.00!

Take Home COVID Tests

Starting July of 2022 till present, Four Corners has distributed nearly 4,000 take home COVID tests.



Distribution included:

- Schools
- Churches
- Libraries
- Worksites
- County Fairs
- Farmers Markets
- Senior Centers
- Daycares
- Police/Sheriffs



RENEE DUFFEK LIMHP, LADC

Licensed Independent Mental Health Practitioner
and Substance Abuse Therapist

Renee, is a long standing professional with over 32 years of experience. She is available for appointments for all populations in-person or via telehealth. Contact Four Corners to schedule!

Most insurances are accepted.

For those with limited finances, Four Corners is willing to work with you.



She specializes in:

- Drug/Alcohol Counseling
- Trauma/Anxiety
- Depression
- Licensed in yoga therapy

COMMUNITY HEALTH WORKERS AND PUBLIC HEALTH NURSES



COMMUNITY HEALTH WORKERS

Four Corners has a team of Community Health Workers who help connect people to resources to address the social determinants of health. Whether you need help signing up for Medicaid or Supplemental Nutrition Assistance Program (SNAP), finding a medical home, paying your bills, obtaining medical supplies, installing a car seat, and more, we will help direct you to the resources you need to live happy and healthy lives.

In 2022, Four Corners added a Bilingual Community Health Worker to our staff to help address the needs of the Spanish-Speaking population in our district.

If you speak other languages, are blind, deaf or hard of hearing, or have other barriers affecting your ability to communicate, we will find a way to help.

PUBLIC HEALTH NURSES

Our team of public health nurses helps much in the same way our Community Health Workers do. However, they can also help with things such as managing your diagnosis, access to care, vaccines, health screenings, and more.



Community Health Workers and Public Health Nurses responded to nearly 200 calls in 2022, in addition to responses that are documented in other places such as (but not limited to) car seat services, care coordination, vaccines, or translation needs.

2022 FINANCIAL REPORT

REVENUE

Infrastructure Funds	\$188,589.42
State General Funds	\$289,452.18
Federal	\$839,396.34
Other Grants	\$155,605.81
Building Funds	\$43,904.14
Program Service Revenue	\$10,257.45
Behavioral Health Funds	\$58,734.87
Interest	\$1,501.74
Other	\$948.80
Total Revenue	\$1,588,390.75

EXPENDITURES

Preparedness	\$66,077.85
Surveillance / Disease Investigation	\$64,707.10
Community / Family / School	\$263,353.57
Injury Prevention	\$251,411.22
Chronic Disease	\$309,488.78
Community Assessment	\$9,663.04
Covid	\$59,496.60
Behavioral Health	\$135.74
Environmental Health	\$15,356.74
Fee for Service	\$26,498.39
Other	\$17,947.96
General Administration / Health Education	\$325,272.80
Total Expenditures	\$1,409,409.79

Current 2023 Staff

Laura McDougall

Executive Director

Kathy Rocole

Financial Operations

Hannah Miller

Emergency Response Coordinator

Tresa Worster

Public Health Nurse

Sara Kettelhake

Health Educator

Catherine Seufferlein

Quality Improvement & Performance
Management Coordinator

Suzanne Phinney

Public Health Nurse, Disease Surveillance,
Environmental Health

Barb Koester

Public Health Nurse

Chris Blanke

Public Health Nurse Manager,
Community Education

Renee Duffek

Licensed Independent
Mental Health Practitioner

Juli Farley

Public Health Nurse

Celeste Eurek

Bilingual Community Health Worker

Angel Dale

Office Manager,
Community Health Worker

Alison Otte

Administration & Strategic
Planning Manager

Simera Reynolds

Community Planner

Tammy McKnight

Office Assistant

2022 Staff

Thomas Barnett

Emergency Response
Coordinator

Val Tvrdy

Public Health Nurse

Lori Larsen

Office Assistant

Current 2023 Board of Health

Jillian Fickenscher, MD, MPH,

Board Physician,
Board President

Raegan Hain, MS, OTR/L,
Seward County
Commissioner
Board Vice President

Don Naiberk,
Butler County
Board Treasurer

Darla Winslow, RN,
Polk County
Board Secretary

Elizabeth Papineau, DDS,
Board Dentist

Scott Steager,
Butler County Supervisor

Ron Boruch,
Polk County Commissioner

Jack Sikes,
York County Commissioner

Jordan Folkers, DC,
Seward County

Jim Ulrich,
York County,

Board of Health Members in 2022 also include: Anthony Whitmore (Butler),
Roger Reamer (Seward) and Margaret Brink (York)